

## *Recommendations*

Either we consider smoking prevalence in Egypt is low or high, for children and adolescents, any figure above zero should be a cause for grave concern. It is necessary to implement a surveillance system that would enhance and strengthen the present data-base on tobacco use, for it can offer a useful tool for supporting medium-term and long-term programmers and advocacy actions for youth-oriented tobacco control.

From this survey, the increased use of cigarettes and other tobacco products by young people has been shown and many recommendations especially specific intervention programs can be drawn.

*\*The goals of tobacco control include:*

- Ensuring that children grow up in an environment free of inducements to smoke.
- That adults, children and adolescents who want to quit smoking are given the support to do so .
- And that non-smokers are protected from the harmful Effects of involuntary exposure to tobacco smoke.

According to the 1999 World Bank report, "curbing the Epidemic: Governments and the Economics of tobacco control" the most effective ways to achieve the goals of tobacco control are:

- Comprehensive policy initiatives particularly tobacco tax increases.
- Bans on tobacco promotion.

- And creation of smoke-free spaces.

The following recommendations can be found useful within the Egypt context:

- 1- Enact legislations to restrict or ban smoking in public places such as restaurants, cinemas, supermarkets, public transport e.g. buses and underground and in work places enforcing the (Clean Air Act). Restriction on smoking in public places and workplaces reduce both overall smoking prevalence and consumption by smokers who continue to smoke. This action can have long-term effect on societal norms since young people who grow up around smoke-free spaces are more likely to see tobacco use as uncommon and socially unacceptable. For this reason, smoke-free spaces are a central social marketing tool for tobacco control.
- 2 – Restrict the advertisement of cigarette smoking on billboards, newspapers, radio and television, and at the same time increase public awareness campaign on the harmful effects of smoking cigarettes as well as other tobacco use, on the mass media. Also, anti-smoking mass media campaigns and messages on televisions and radio to inform and change attitudes.
- 3 – Appeal to sporting clubs to refuse sponsorship from tobacco entrepreneurs and to avoid the use of

cigarette advertisement in the promotion of their respective sport.

4- Enact and enforce legislations that prevent minors from purchasing cigarettes and other tobacco products by prosecuting those who sell tobacco products to minors.

5 – Formulate public policies and enact legislations that regulate tax increases for tobacco products as well as point of sale and distribution

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bacco taxation, the single most effective tobacco control measure is tax policy since there is a strong relationship between per capita consumption of tobacco products and real price. In developing countries, a 10% increase in the real price of tobacco products will result in a decline in per capita consumption of about 4%. Taxes are very effective among low-income groups and youth who have less disposable income and are much more price-sensitive than the general population.

6 – Involve the Ministries of Health, Education, Youth and Sports and Environmental affairs as well as NGOs and the National Maternal and Child Committee in the campaign to promote the cessation of cigarette smoking and use of other tobacco products especially among youth.

7 – Design and implement cessation programmes for schools and all youth-oriented or affiliated organizations cessation

programmes in schools and it must be integrated in the school curriculum with direct support for smokers who want to quit smoking. That requires access to affordable behavioral and pharmaceutical treatments for tobacco addiction. School-based health programs should enable and encourage children and adolescents who have not experimented with tobacco to continue to abstain from any use.

For young persons who have experimented with tobacco use, or who are regular tobacco users, school health programs should enable and encourage them to immediately stop all use.

For those young persons who are unable to stop using tobacco, school programs should help them seek additional assistance to successfully quit the use of tobacco.

Strategies effective in preventing tobacco use among youth in school health programs include:

- 1 – develop and enforce a school policy on tobacco use: -
  - A – an explanation of the rationale for preventing tobacco use.
  - B – prohibition against tobacco use by students school staff, parents and visitors and in school vehicles.
  - C – prohibition against tobacco advertising in school buildings and in school activities and publications.
  - D – access to programs to help quit tobacco use.
- 2 – address psychosocial factors related to tobacco use among children and adolescents: -

A – immediate and long-term undesirable physiologic, cosmetic and social consequences of tobacco use.

B – decrease the social acceptability of tobacco use, highlight existing anti tobacco norms and help students understand that most adolescents don't smoke.

C – help students understand why some adolescents smoke and help them develop other positive means to attain their goals.

D – recognize social influences that promote tobacco use and help students to refuse tobacco-promotion messages from media, adults and peers.

3 – provide tobacco-use prevention education in schools.

4 – provide program-specific training for teachers.

5 – involve parents or families in support of school-based programs to prevent tobacco use.

6 – assess the tobacco-use prevention program at regular intervals

8- Awareness campaigns on the dangers of cigarette smoking and other tobacco products need to be intensified on the World-No-tobacco Day and on a regular basis all over the year.

Offering consumer information and public education and preparing communication and counseling campaigns on health effects of tobacco must be done in all settings, schools, workplace and community centers and must be accessible for everyone who want to know about smoking effects.

Because four out of every five persons who use tobacco begin before they reach adulthood, tobacco prevention activities should focus on school \_ age children and adolescents. Evidence suggests that school health programs can be an effective means of preventing tobacco use among youth. School \_ based programs to prevent tobacco use can make a substantial contribution to the health of the next generation. Tobacco use term refers to the use of any nicotine \_ containing tobacco product. These products often contain additional substances that cause cancer in animals and humans e.g. Benzo pyrene, vinyl, chloride, polonium 210.

9\_ Other several strategies can be employed, and these include publicizing the finding of new researches and health messages on tobacco packages.

10\_ Regular evaluation of The Comprehensive National Tobacco Control Programs to assess the development and modify the process to meet the newly developed problems.